

CALLAHAN COURIER

FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 11, NO. 5, MAY 2023



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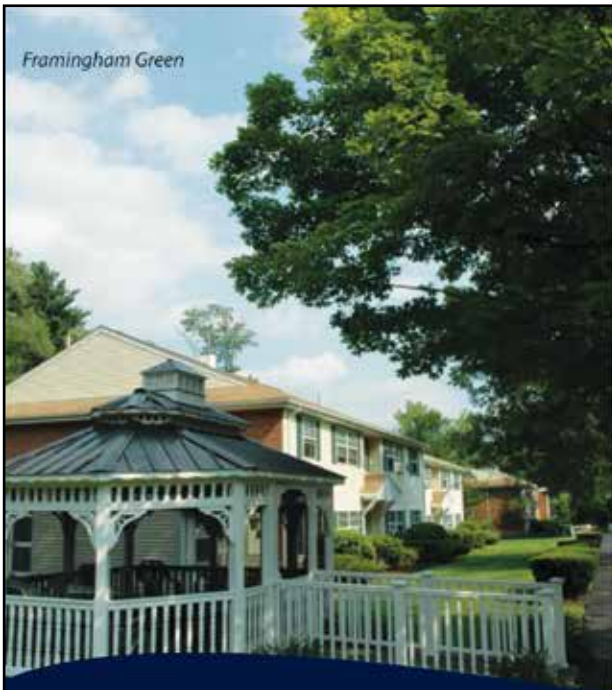
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Framingham Green and Irving Square are designed for seniors age 62+ as well as persons with disabilities who are under age 62.

*Income guidelines may apply. Please inquire in advance for reasonable accommodations. Assistance animals welcome. Information contained herein subject to change w/o notice.



DIRECTOR'S CORNER

April showers bring May flowers! This quote is a reminder that from the days of rain showers come the growth of blossoming flowers and of new times. The month of May represents a time of renewal, celebration and appreciation.

The first celebration is to say "Happy Mother's Day" to all of our mothers. Whether you are a birth mother, stepmother, adoptive mother, or godmother we honor you on May 14. This is a day of recognition that you richly deserve!

Another celebration is the Framingham Senior Heroes Award Ceremony on May 25. These awards are given to recipients for their volunteer work in promoting diversity and inclusion in four areas: Arts/Culture, Health and Healthcare, Social Development and Public Service. We welcome you to attend the ceremony to acknowledge their wonderful community achievements.

The month of May at the Callahan Center symbolizes a time of renewal as we welcome back some wonderful program presenters. We begin the month with Paola DiGregorio taking us on A Journey of Italy. His presentation is the first in a three-part series. Our travels will then take us to Northern Baja Sur, Mexico, with Joy Marzolf sharing stories of its vibrant wildlife. The traveling continues with Ted Reinstein sharing stories of New England. With his engaging style, Ted tells us about the people and places that make our region so fascinating. Also, May is a month of music with James Michael, the Broadway Baritone, performing memorable songs of the past. Frank Mandosa will highlight the life of the multi-talented Rita Moreno.

May is a time that we can show appreciation of the AARP Tax-Aides that spent February through April preparing taxes for over 300 older adults. John Snooks led an amazing team with Merrill Mack, Anne Madara, Anne Lee, Cheryl Deckert, Amanda Phillips, Kate Berry, Jenny Adams, Bob Carter, Maryellen Brown, Randi Stern, and Jodie Osgood. Thank you for your dedicated work.

We look forward to seeing everyone in May!

Randy

CALLAHAN CENTER

535 Union Avenue (Handicap Accessible), **Framingham, MA 01702**
Telephone: 508-532-5980

Web address: www.framinghamma.gov/360/Council-on-Aging

Hours of Operation:

Monday, Wednesday, Thursday 8:30 a.m.-4:30 p.m.
 Tuesday 8:30-7:30 p.m., Friday 8:30 a.m.-1:30 p.m.

CALLAHAN CENTER MISSION STATEMENT

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

DISCLAIMER NOTICE: The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

CALLAHAN CENTER STAFF

STAFF

Randy Aylsworth, MS, Interim Director of Elder Services
 Paula Geller, Programs Manager
 Ralph Dunlea, Computer Room Coordinator
 Carol Glover, Front Desk Receptionist
 Mary Kenney, Front Desk Receptionist
 Diane Krueger, Front Desk Receptionist
 Patty Bird, Front Desk Receptionist
 David Higgins, Van Driver



SOCIAL SERVICES

Lisa Ushkurnis, MSW, LICSW, Supervisor
 Cheryl Lavalley, LICSW, Assistant Social Services Supervisor
 Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections
 Sam Swisher, MBA, Outreach Volunteer Coordinator
 Alana Dundon, Bilingual Outreach/DME Coordinator
 Deb Bourke, BA, CDP, LSWA, Continuing Connections, Program Asst.

SHINE

Michelle Gucciardi, MetroWest Regional SHINE Director
 Emilihana (Amy) Gomes, MetroWest SHINE Asst. Program Coordinator

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

Chairman: Clyde Dottin

Members:

Brenda Diaz, Marie Giorgetti,
 Thomas Grove, Audrey Hall,
 Kathie McCarthy, Jennifer Rich,
 Linda Schwartz, Brian Sullivan,
 Glenda Thomas

COA Board Meeting
May 9, 1:30 p.m.

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The Callahan Center will be closed on Monday, May 29 in honor of Memorial Day.

JOIN US ON TUESDAY EVENINGS

The Callahan Center is now open on Tuesday evenings until 7:30 p.m. As a result, the Center will close on Fridays at 1:30 p.m. These hours will be in effect through November 3.

CALLAHAN LEGAL CLINIC

Tuesday, May 23, 9-11 a.m.

Meet with an attorney from MetroWest Legal Services (MWLS) to discuss legal issues (will not advise on estates and trusts). **FREE Consultations are 20 minutes in length.** To make an appointment for an in-person or telephone consultation, please call Lisa at 508-532-5980, ext. 4108.

MONTHLY DROP-IN HOURS WITH CONGRESSWOMAN CLARK'S OFFICE

Wednesday, May 10, 10 a.m.-noon

Meet with Jay Higgins, Senior Constituent Services Representative for the Office of Congresswoman Katherine Clark. No appointment necessary. One-on-one meetings on a first-come, first-served basis.

FRIENDS EVENTS IN MAY

Friends Lunch

Wednesday, May 10, 11:30 a.m.

Boxed lunch: \$10, must be paid by 5/5

Choice of: Chicken Caesar Wrap, Roast Beef on Roll, Caesar Salad, or Mediterranean Vegan Salad with Falafel, Tabbouleh & Pita Bread. All include chips, cookies, fruit, and bottled water. Sign up at the front desk. For more details see page 10.

FRIENDS LOCAL TRAVEL

Concord Museum, \$12 per person

Wednesday, May 24, 1 p.m.

More info on page 10 - Note from the Friends - or via Constant Contact and on the Friends Bulletin Board.

FRIENDS DINE AROUND

May 16 & 17

See page 10 for details.

PLEASE BE AWARE that the Callahan Center does not issue refunds for fee-based events or activities, unless those programs are canceled by the Center.

A NOTE ABOUT THE CENTER

While we strive to keep the building temperature comfortable for all throughout the changing seasons, it may be helpful to bring a sweater or light jacket with you to programs.

NEW SENIOR HOUR AT RMV FOR LICENSE/ID RENEWALS

Wednesdays, 9-10 a.m.

By reservation only

Do you need to renew your license? Massachusetts law requires drivers who are 75 or older to renew in person. The Registry of Motor Vehicles (RMV) has a dedicated hour every Wednesday morning, 9:00-10:00, for customers age 65 and older and for people with disabilities. A reservation is required. To make a reservation:

- Visit Mass.Gov/RMV, click on 'Reservations'. On next screen click on 'Make or Cancel My Service Center Reservation', and select the 'Senior Hours' option.
- Call 857-368-8005, the RMV's dedicated reservation line for customers who are at least 65 years of age or have a disability.

RMV registration-related transactions can be performed at an RMV Service Center without a reservation.

If you're an AAA member, select RMV Services are available at AAA offices by reservation only. To learn more and make a reservation, visit: aaa.com.

Register now for this June program!

STRENGTHENING BONDS FOR THOSE WITH DEMENTIA & THEIR CAREGIVERS

Presented by: The MetroWest Alzheimer's Partnership
Thursday, June 1, 1:30-3 p.m.

Registration required: 508-532-5980, ext. 0

Social engagement is the number one medicine for older adults. Research studies have explored the negative impact that COVID has had with respect to social isolation for all age groups and especially for older adults. Older adults with dementia and their care-partners continue to thrive if they remain socially engaged. Come to the Callahan Center to receive all the benefits of social engagement. Learn more on June 1, when the MetroWest Alzheimer's Partnership will be hosting a family education program addressing the benefits and resources available in MetroWest for social engagement.

ALZHEIMER'S COMMUNITY FORUM

Thursday, May 11, 2-3:30 pm

Mobilizing local community members in the fight against Alzheimer's disease.

For Framingham residents, offered in collaboration with Age Well Framingham Coalition. To register, please call the Alzheimer's Association, 24/7 Helpline at 800-272-3900.

LEARN SOMETHING NEW

See computer classes on page 7.

PLEASE REMEMBER TO SWIPE OR

SIGN IN: We appreciate your taking time to sign into the computers in the lobby for each of the programs and events you attend at the Callahan Center. If you don't have your key tag with you, simply enter your first name and touch "Next" on the screen; then follow the prompts. The front desk can assist with key tags and the kiosks, if you have any questions.

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CALLAHAN CENTER LEARNING & CULTURAL PROGRAMS

Please call the front desk to register: 508-532-5980, ext. 0

Programs are in person, unless otherwise noted as virtual.

These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and in part by the Friends of Callahan.



A JOURNEY THROUGH ITALY, PART 1

Tuesday, May 9, 6 p.m.

Presented by: Paolo Di Gregorio

Register by 5/8

There are few places that are as rich in beauty, culture and history as Italy.

Join us for the first in this three-part Journey through Italy, as we explore Florence, the Medici, and the birth of the Renaissance. The Renaissance was a far-reaching artistic, intellectual and political movement that shaped the development of the modern world. Born in Florence during the late 14th century, the Renaissance flourished under the patronage of the Medici family. Presenter Paolo Di Gregorio tells the story of the city, the family, and the re-imagining of European society. Di Gregorio is an historian, archaeologist and educator.



border. Joy Marzolf will share stories and scenes of the diverse wildlife that inhabits this area. Prior to founding her company, The Joys of Nature, she was a Naturalist and Educator at Mass Audubon's Broadmoor Wildlife Sanctuary for over 13 years. She also has extensive experience working with a wide range of animals, including marine mammals in rehab/rescue programs in Massachusetts.

RITA MORENO: A FIERY AMBITION

Tuesday, May 23, 6 p.m.

Presented by:

Frank Mandosa

Register by 5/22

This multi-media presentation shines the spotlight on beloved entertainer, Rita Moreno. Join us as presenter Frank Mandosa takes a look at the life and career of this charismatic EGOT (Emmy, Grammy, Oscar, Tony) winner! From her bit parts to her lauded performances, from her live shows to her television appearances, this is one performer whose star continues to shine brightly as she enters her 90th decade!



Frank Mandosa is a full-time high school English and film teacher and a film historian.

WHO KNEW?

TED REINSTEIN'S FAVORITE NEW ENGLAND STORIES

Tuesday, May 30, 6 p.m.

Register by 5/26

Based on Ted's long-running "Who Knew" series on Chronical, learn about some of his favorite people and places, which manage to fly just below the radar for most folks. From Boston to the White Mountains, Providence to Salem, Ted turns a spotlight on things that fascinate, amaze and inspire like the woman who was a real-life Indiana Jones and has a peak named after her in South America to prove it. Presenter Ted Reinstein has been a reporter for Chronicle, WCVB-TV/Boston's award-winning nightly news magazine since 1997.



JAMES MICHAEL, THE BROADWAY BARITONE

Music from Broadway and the American Songbook

Tuesday, May 16, 6 p.m.

Register by 5/15

Join us for a performance by James Michael: Now and Then, The Music of Broadway & The American Song Book. James emulates the big baritone voices of his idols - Howard Keel, John Raitt and Robert Goulet - and enjoys stirring up cherished memories with classic songs. According to the Dallas Morning News "James Michael is a phenomenal baritone with an engaging performance style."



NORTHERN BAJA SUR, MEXICO:

Gentle giants, diving birds & more!

Thursday, May 18, 1:30 p.m.

Presented by: Joy Marzolf,

Founder, Joys of Nature

Register by 5/19

Baja Sur might not be known for its wildlife, but it should be! From tiny butterflies and birds to endangered marine life, Northern Baja Sur offers stunning images and wildlife just south of the



FRAMINGHAM SENIOR HEROES AWARDS CEREMONY

Thursday, May 25, 2 p.m.

Register by 5/22

We hope you'll join us as the Framingham Council on Aging celebrates four local seniors who are being honored with the third annual Framingham Senior Heroes Awards. Peggy Holland, Meg Kelley, Bill Rabkin and Norma Shulman were selected among other candidates for their volunteer efforts in Framingham, that show they value diversity and inclusivity. Peggy Holland's volunteer efforts in the area of Health and Healthcare are deserving of this award for providing emotional support and suicide prevention for people via the Samaritans hotline, Call2Talk, Telecheck, the Partakers program at MCI, and the Literacy Unlimited program at Framingham Public Library. Meg Kelley is being honored in the area of Social Development for her volunteer efforts with the BLOCKS preschool after she retired and for her time with St. Bridget's Food Pantry. Bill Rabkin's volunteer efforts with Access Framingham TV garnered him the award in the area of Arts/Culture for actively recruiting volunteers of all ages and backgrounds and making the effort to showcase diverse programs on local cable TV. Norma Shulman's many years encouraging more representation and involvement by Framingham residents in local elections is receiving the award in the area of Public Service for increasing the numbers of voters in previously under-represented districts.



UNION AVE. CONSTRUCTION

Please allow extra time for travel to/from the Callahan Center as work along Union Ave. will continue through most of the spring season.

SNEAK PEEK- COMING IN JUNE

We hope you'll join us for these special programs in June:

6/8, 1:30 pm Elder Law Presentation with Attorney Philip Benjamin

6/13, 6pm Latin & Jazz Music with Guitarist Carlos Odria

6/15, 1:30pm Political Division with Author Rich Rubino

6/20, 6pm Songs from the '20s with Lisa Yves, Pianist & Vocalist

6/27, 6pm Sheryl Faye as Ruth Bader Ginsburg - I Dissent

Registration opens May 1.

FITNESS & WELLNESS

**POP-UP CLASS WITH ANN
DANCE TO MOTOWN & DISCO****Wednesday, May 17, 24, 31, & June 7
11 a.m., \$3 per class**

Try our new pop-up dance fitness class with Ann. Dance to Motown and Disco hits all month long! Each week you'll learn different dance routines to great favorites from the 50s through 70s. It's fun for everyone and all levels are welcome.

NEW

Note: Small Ball: Core, Balance & Mobility with Ann returns on June 12

STRENGTH & CARDIO**WITH JENN****Mondays, 10:15-11:15 a.m., \$3 per class**

Move to upbeat music in this full body workout. Low impact exercises that focus on your strength, cardio endurance, and posture are done rhythmically to add motivation and fun. This class begins with a warm up and ends with a cool down and stretching. Participants may use hand weights if you have them.

Jenn is a Certified Personal Trainer with 10 years of experience in providing group and individual instruction at area fitness facilities and for corporate clients. She also is a certified yoga instructor with a strong background in wellness coaching.

TAI CHI WITH JON**Mondays, 12:30-1:30 p.m., \$4 per class****Canceled: 5/8**

Tai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. Although no

prior experience is necessary, this class involves one hour of movement without the assistance of a cane/walker.

AEROBICS WITH ANTHONY**Tuesdays, 9:30-10:15 a.m., Free**

This weekly, low-impact aerobics class combines the benefits of strength training, cardio and stretching. Movements can be done from a standing or seated position. You may use light hand weights if you have them.

ZUMBA WITH SUSAN**Tuesdays & Thursdays, 11 a.m., \$3 per class**

Zumba mixes world rhythms and easy-to-follow dance moves, so you have fun while exercising. Instructor Susan Craver has been teaching Zumba for over 10 years.

**MINDFUL LIVING &
MEDITATION WITH LISA****Wednesdays, 11 a.m.-noon, \$3 per class**

Instructor Lisa Campbell is a professional meditation and mindfulness coach, helping others transform their lives to be healthier, happier and more peaceful. Each week is a combination of mindful awareness practices, breathing techniques and meditations that help nurture a positive mindset, actively work with tension and anxiety, and so much more.

**MOBILITY, STRETCH & BALANCE
WITH ANN****Tues, 1:30 p.m. -- Thurs, 9:30 a.m.****BY ADVANCE REGISTRATION ONLY****New to the class? Call the front desk to sign up.****For all ability levels - \$3 per class**

Join Certified Fitness Instructor and Certified Personal Trainer Ann Saldi for this weekly, one-

hour class designed to improve your flexibility, posture and joint mobility. Exercises are done standing and seated with adaptations available for those who prefer to remain seated. This series will run to the end of June.

CHAIR YOGA WITH REBECCA**IN PERSON: Fridays, 11 a.m.-noon, \$3 per class****ON ZOOM: Tuesdays, 4:30-5:15 p.m., \$3 per class**

Rebecca Reber leads this gentle form of yoga, which builds strength and flexibility. As with many forms of exercise, it can be modified for people of varying abilities. Rebecca has been teaching chair yoga classes for older adults at senior centers throughout the MetroWest area.

To register for the class on Zoom, please email Paula at pgeller@framinghamma.gov.

FIRST FRIDAYS**STRETCH WITH ANTHONY****Friday, May 5, 10:30-11 a.m., Free**

This half-hour stretch class will help keep your muscles flexible, strong and healthy. Older adults need flexibility in order to maintain a range of motion in the joints. This class - offered the first Friday of every month - will teach you how to keep your whole body loose with simple stretches you can do on your own from the comfort of home. **New** participants should email Paula at pgeller@framinghamma.gov to register. **Note: Stretch will not meet July-August and will return in September.**

VIRTUAL**CHAIR VOLLEYBALL
TWICE A WEEK****Mondays at 2 pm and Tuesdays 12:30 pm****A Continuum of Top-Rated Senior Living & Healthcare Services**

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CALLAHAN FITNESS CENTER

CALLAHAN FITNESS CENTER

Mon, Wed, Thurs, 9 am-4 pm;
Tues, 9 am-7 pm; Fri, 9 am-1 pm

**Note: The room is closed for special programming on Thursdays from 1:30-2:45 pm.*

Try our suspension elliptical, treadmill, rower or exercise bikes!

The Callahan Fitness Center features eight state-of-the-art fitness machines. The Fitness

Room is open to adults age 55+. A \$2 admission fee enables users up to 50 minutes of access to the equipment at a time. Please sign in at the front desk.



DID YOU KNOW? Many insurance providers offer a reimbursement for fitness classes. Check with your health plan provider for details. Checking in at the Callahan lobby kiosks helps track your class attendance and fees for reimbursement purposes. See the front desk with questions.

MAY COMPUTER CLASSES

REGISTER TODAY: 508-532-5980, ext. 0

Instructor: Ralph Dunlea

Space is limited! Registration required.

INTRODUCTION TO WINDOWS 11

Tuesday, May 9, 2-3:30 p.m.

This class is intended for laptop and desktop users who are new to Windows 11 (or PCs) and would benefit from an overview. Windows 11 has some new features that may be confusing to users of earlier versions of Windows. We will cover the sign-in screen, start menu and desktop. Plus you'll learn helpful tips on running applications, connecting to the Internet, and security.

ONLINE & PC SECURITY

Tuesday, May 23, 2-3:30 p.m.

Register by 5/22

The class will review the many threats and scams that are targeting you and your computer. Learn what to do if you encounter some of the pop-up screens that suddenly appear asking you to call a number to unlock your PC (e.g. ransomware). We will also discuss staying safe online, your privacy, and some steps to minimize sites tracking you. Learn about various tools (anti-virus programs, computer cleaning programs), which can help stop many threats before they affect your computer.



DUPLICATE BRIDGE IS BACK!

Meets Tuesdays, noon-3 p.m.

Join us for a weekly game of Duplicate Bridge in the games room. We also offer Contract Bridge on Tuesday mornings, 9-11:30 a.m.

DO YOU PLAY POKER, CRIBBAGE, PINOCHLE, OR MAH JONGG?

Join our weekly card and game groups. Dates and times listed in the adjacent box under In-Person Activities.



DISCUSSION GROUPS, GAMES & MORE

IN-PERSON ACTIVITIES:

ASK THE COMPUTER EXPERTS: Thursdays, 10 am-noon

BINGO: Wednesdays, 1-3 pm, please plan to arrive earlier to purchase cards (\$1 each). Game starts promptly at 1 pm.

BLOOD PRESSURE CLINIC: Wednesdays, 9-noon

BOOK DISCUSSION GROUP: Thursday, May 4, 1:30-2:30 pm

CHAIR VOLLEYBALL: Mondays, 2 pm & Tuesdays, 12:30 pm

COMPUTER ROOM: M,W,Th, 9-4; Tues, 9-7 pm; Fri, 9-1 pm (Closed during computer classes.)

CONTRACT BRIDGE: Tuesdays, 9-11:30 am.

CRIBBAGE: Thursdays, 9:30-11:30 am

DISCUSSION GROUP: Thursdays, 11 am-12:30 pm

DUPLICATE BRIDGE: Tuesdays, noon-3 pm

GENEALOGY GROUP: Mondays, 1-4 pm

GRUPO LATINOAMERICANO: Thursdays, 11 am-12:30 pm

KNITTERS: Friday, May 26, 10:30 am-noon

MAH JONGG: Tuesdays & Thursdays, 10:15 am-1 pm

MARY MAKE DO (sewing/quilting): Mondays, 10 am-4 pm

OPEN SEW: Fridays, 9 am-1 pm

PINOCHLE: Mondays and Tuesdays, 9-10:30 am

POKER: Fridays, 9-11 am

POOL TABLES: M,W,Th, 8:30 am-4 pm; **Tues, 3-7 pm;** Fri, 8:30 am-1 pm (Pls. note change to Tuesday schedule)

RED HAT HONEY BEES: Tuesday, May 30, 1-4 pm, \$2 per month

SPORTS FANATICS: Mondays, 10 am

TABLE TENNIS: M,W,Th, 8:30 am-4 pm; Tues, 8:30 am-7 pm; Fri, 8:30 am-1 pm *Note: The tables are not available from 3-4 pm on the 2nd and 4th Tuesday of every month.*

CONTINUING ON ZOOM:

CONVERSATION & HUMOR: Fridays, 12:30 pm

CHEERS FOR OUR CALLAHAN NURSES

Be sure to thank a nurse during National Nurses Week, May 6-12. We especially honor our Callahan nurses, Marie Gibbons (l) and Maureen Dickey (r), who are long-time volunteers in our Blood Pressure Clinic. They're at Callahan every Wednesday morning, 9 am to noon.



ALZHEIMER'S CAREGIVING SUPPORT GROUP

Wednesday, May 3, 11-12:30 p.m.

This drop-in support group is geared toward individuals living apart from loved ones who are currently in long-term care or assisted living dementia care. Please contact Lisa at 508-532-5980, ext. 4108 for more information.

BETTER BREATHERS GROUP

Wednesday, May 10, noon-1 p.m.

Do you have a chronic lung disease such as asthma, COPD, chronic bronchitis, or lung cancer? Facilitator Cheryl Burgess leads this monthly discussion group covering resources and practices designed to promote respiratory health. Cheryl has more than 20 years of experience as a Director of Respiratory Care and currently works for MedMinder Pharmacy.

BEREAVEMENT SUPPORT GROUP

Tuesday, May 9 & 23, 1 p.m.

This group, led by Jaime Fitts, MSW, LICSW is offered in partnership with Brookhaven Hospice. The group meets the 2nd and 4th Tuesday of each month. For more information, please contact Lisa at 508-532-5980, ext. 4108.

VOLUNTEER DRIVERS WANTED

*Flexibility to choose the rides/
locations that work for your
schedule*

The Callahan Center Social Services Department is looking for drivers willing to transport residents age 55+ to communities outside of Framingham for medical appointments, as well as for services and activities that meet vital social needs. If you have time to share and a vehicle that is safe, clean, and well maintained, please contact Sam for more info: sps@framinghamma.gov or 508-532-5980, ext. 4113.



CAREGIVER SUPPORT GROUP

Thursday, May 25, 2-3 p.m.

If you're interested in learning more about this group, please contact Cheryl Lavalley, LICSW, at 508-532-5980, ext. 4134.

GRANDPARENT SUPPORT GROUP

Contact Lisa at 508-532-5980, ext. 4108 for more information and to arrange a pre-screening for the Grandparent Support Group.

LOW VISION GROUP

Wednesday, May 17, 11 a.m.-12:30 p.m.

In Person and on ZOOM

A monthly support group for people living with low vision. Group shares resources, hosts guest speakers, and provides open discussion on a range of pertinent topics.

PARKINSON'S SUPPORT GROUP

ON ZOOM: Tuesday, May 2, 1-2 p.m.

IN PERSON: Tuesday, May 16, 1-2 p.m.

Please call Lisa at 508-532-5980, ext. 4108 for more information.

MEDICAL EQUIPMENT: BORROW OR DONATE

Borrow: Durable Medical Equipment (DME) is available at the Callahan Center for Framingham residents to borrow at no charge, as inventory allows.

It is important to call in advance to reserve a requested item, as our inventory is limited. Contact Social Services at 508-532-5980, ext. 2. All messages will be returned within 1 business day. **Donate:** Please know the Callahan Center welcomes your donation of gently used, clean durable medical equipment for other Framingham residents to borrow. Donations are accepted during business hours listed on page 3.



FREE PARKINSON'S MOVEMENT CLASS

Monday, May 1, 8 & 15, 2-3 p.m.

Registration required

Join Susan Craver for this special movement class. To register, please contact Lisa at 508-532-5980, ext. 4108.



WE CAN HELP

The Callahan Center's Social Services Department is knowledgeable about LGBTQ+ community resources and services available to older adults. Social workers can assist older adults in negotiating the senior landscape. Please reach out to us at 508-532-5980.



NEW COVID-19 TREATMENT HOTLINE

Tested positive for COVID-19? Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access telehealth services by calling 833-273-6330 or by completing an online assessment at mass.gov/CovidTelehealth. Clinicians are available every day from 8 am to 10 pm. This service is not for medical emergencies or those who have severe chest pain or shortness of breath. Telehealth is a quick and easy way to see if Paxlovid, a COVID-19 treatment pill, is right for you.



CARLYLE HOUSE

342 Winter Street, Framingham, MA
www.carlylehouse.biz

508-879-6100

Carlyle House is proud to be serving the community for over 30 years.

We are a 55 bed, single-level skilled nursing facility nestled on beautifully landscaped grounds close to the heart of Framingham. We are responsive to the needs of both our short-term and long-term residents. Our new short-term wing, along with our innovative therapy team, is geared to provide the rehabilitation needed for your return home.



ALZHEIMER'S ASSOCIATION MA/NH CARE CONSULTATIONS

The Alzheimer's Association, Massachusetts/New Hampshire Chapter provides Care Consultations that are no cost to families, confidential, and personalized to the needs of individuals and families. Care consultants have expertise and experience in the field of dementia care. Consultations can be provided by phone or video conference and can include family members in separate locations. Call 617-393-2100 or email careconsultationmanh@alz.org to schedule a Care Consultation today.

FINANCIAL ASSISTANCE AVAILABLE TOWARD INTERNET SERVICE

The Affordable Connectivity Program (ACP) is a benefit program to ensure that households can afford the broadband they need. Specific terms apply. For details, visit www.fcc.gov/acp or call 877-384-2575

IS MONEY TIGHT THESE DAYS? WE COULD HAVE A SOLUTION!

Many people over the age of 60 are eligible for SNAP and don't use it. **This could mean as much as \$100 per month available to buy groceries.**

The money you save on your grocery bill could be put toward other expenses. Please contact the Callahan Center's Social Services Department to see if you qualify.



FREE TRANSPORTATION OPTIONS FOR FRAMINGHAM RESIDENTS!

*FREE CALLAHAN SHARED-RIDE VAN:

Thanks to generous funding from MWRTA, the Callahan Center shared-ride van is operating free to residents 55 and older and those with disabilities for destinations within Framingham and to/from Market Basket in Ashland. You must be registered with the Callahan Center and MWRTA to access this service. Service available Mon. to Thurs. 9 am to 3:30 pm and Fri. 9 am to 1:30 pm. Call the Callahan Center at 508-532-5980 to initially register for van service. **Once your registration is confirmed, contact the MWRTA Call Center at 508-820-4650 to schedule rides.**

FREE TAXI SERVICE AGE 60+:

Do you need to get to a destination beyond Framingham and need someone else to drive you or you can't afford the taxi fare? The Callahan Center has been able to utilize funds from Metrowest Health Foundation and the Community Development Block Grant to provide Framingham residents ages 60+ with **FREE** round-trip taxi rides from Tommy's Taxi beyond Framingham's borders for medical appointments and other necessities. **It is essential to call at least one week in advance to request this service.** Weekend and evening service may be possible. If you have appointments in Boston's medical area or transportation needs to communities beyond Framingham, please contact Sam Swisher at 508-532-5980, ext. 4113.



HIGH PRESCRIPTION DRUG COSTS? PRESCRIPTION ADVANTAGE MAY HELP!

Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. Members are also allowed to join or change their Medicare drug plan or Medicare Advantage plan one time per calendar year. Eligibility is based on **income only**, and there is **no asset limit!**



WHO CAN JOIN?

For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are:

- 65 or older with an annual income at or less than \$72,900 for a single person or \$98,600 for a married couple OR
- Under 65 with a disability, with an annual income at or less than \$27,410 for a single person or \$37,074 for a married couple

The SHINE Program can help you apply for Prescription Advantage. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call the Callahan Center at 508-532-5980, ext. 0. For other SHINE related matters, call 1-800-243-4636 and leave a voicemail.

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a difference, MutualOne is
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FRIENDS BOARD MEMBERS

President.....Mary McGill
Vice President.....Patrick Dunne
Treasurer.....Len Brenner
Assistant Treasurer.....Michelle Nicholas
Recording Secretary.....Elaine Murphy
Corresponding Secretary.....Marie Gibbons
Sunshine Lady.....Carol Lach

Board Members:

Norma Kramer (Membership Chair), Sheila Watnick (Event Chair), Chris Lorant (Dine - Around Chair), Mary Chapin (Lunch Chair), Karin Beth, Jim DeSimone

Friends Board Meeting on Zoom:
Tuesday, May 2, 2:30 p.m.

FRIENDS DINE-AROUND

California Pizza Kitchen

May 16 & 17

Two-Day May Dine Around and you could win twice! Join us at California Pizza Kitchen (CPK), located on Rte. 9 West at the Natick Mall. 20% of the food portion of your bill will be donated back to Friends of Callahan Center. Good for dine in, takeout or catering. Not good on delivery, coupons or specials. Outdoor seating weather permitting. Flyers are available from the front desk or Constant Contact and MUST be presented to the order taker. Everyone who signs up at the front desk and participates will be registered for a chance to win a Free Small Plate on 5/16 and a \$25 Gift Card to CPK on 5/17. Winner agrees that first and last name can be used by the Friends of Callahan Center to announce the winner.

SAVE THE DATE!
IHOP - June 21



Fill Out Form

A NOTE FROM THE FRIENDS OF CALLAHAN

Welcoming May, warmer weather and new avenues to explore. Our Friends Lunch will be Wednesday, May 10. Sign up at Front Desk; deadline is Friday, May 5. Entertainment will be the Stand-Up Comedy of Bill Rosen, a member of the Friends of Callahan.

On Wednesday, May 24, Friends of Callahan Local Travel Meet-Up will be at the Concord Museum, 53 Cambridge Turnpike, Concord: Tour @ 1:00 pm, Price: \$12 per person. The museum is handicap accessible. More details available via Constant Contact and on the Friends Bulletin Board by the Cafe. Sign up at the Front Desk - 508-532-5980. Let them know if you need a ride or can give a ride.

Thank you for your Friend's Membership. Remember, you not only get the monthly Courier but important updates thru our Constant Contact emails. Memberships and donations to the Friends support the Center by supporting the Cultural Council programs and funds not covered by Center's budget. We,

the Friends of Callahan, work together for the common good of all our seniors, staff, and all who come to the Callahan Center.

As a final thought, "We don't accomplish anything in this world alone...and whatever happens is the result of the whole tapestry of one's life and all the weavings of individual threads form one to another that creates something."

Mary McGill,
 President of the Friends of Callahan



Not a member of the Friends of Callahan? It's easy to join!

Membership is \$15.00 for individual and \$20.00 for couples.

Name _____

Date of Birth _____

Address, City, State, Zip _____

Email Address _____

Cell Phone _____ **Home Phone** _____

The Friends of Callahan Senior Center, Inc. Is a non-profit 501(c)3 organization.

"The Difference is Love"



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863 Central St., Framingham, MA 01701

We Have Availability

Long Term Care

Skilled Nursing

The Guardian Angel Center for Hospice

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Contact our admissions office today

508-879-8000

www.stpatricksmanor.org



THE SUNSHINE LADY'S CORNER



The Friends would like to reach out to members in time of need. The Sunshine Lady - Carol Lach - can help brighten their day and/or offer condolences. Please call the front desk at 508-532-5980, ext. 0 and leave a message. Your request will be forwarded to the Sunshine Lady who mails cards on behalf of the Friends of Callahan.

To receive Constant Contact updates from the Friends including the online version of the Callahan Courier newsletter, please send your email address to:
callahan.friends@yahoo.com.



GOOD RX'S NOT-SO-GOOD PRIVACY PRACTICES COME TO LIGHT

Adapted from an online FTC article by Alvaro Puig: <https://consumer.ftc.gov/consumer-alerts/2023/02/goodrxs-not-so-good-privacy-practices-come-light>

Nowadays, there are health-related apps and websites everywhere that let you track things like your physical activity, health conditions, caloric intake and prescriptions. They ask you for details about yourself and your health, but what if they use and share your information in ways they're not supposed to? The FTC says GoodRx, a digital health platform that offers virtual doctor visits and lets users get coupons for prescription drugs, broke its promises to users about how it would use and share their personal health information.

The FTC claims GoodRx shared information about users' health conditions and prescription drugs with digital advertisers like Facebook and Google without users' permission, contrary to what it told users in its privacy policy. GoodRx then used that sensitive health information to target its users with health ads on users' social media feeds. To generate those ads, GoodRx shared with Facebook and others information about its users' prescription medications and sensitive health concerns, failing to tell its users.

To settle this matter, GoodRx will pay a \$1.5 million penalty. The company is prohibited from sharing health data with relevant third parties (like Facebook) that would use it for advertising, and must get users' permission to share health data with relevant third parties for anything else.

Here are some ways to protect your privacy online and when you use an app:

- **Opt out of targeted ads, if possible.** A company's privacy notice or policy can be hard to read, but it should spell out what the company will or won't do with your information: Will it share your information with other companies? Can you control whether ads will be targeted to you based on your app usage and browsing activity? If you choose to opt out, do so on each device and browser you use.
- **Check if you can customize your privacy settings.** Can you adjust the app's permissions so it doesn't have access to information it doesn't need? Does the app track your device's location? If the app doesn't need the info, consider limiting access to only when the app is in use.



BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell. Now, proudly serving 22 communities.

Learn more at
www.springwell.com



springwell

(617) 926-4100 / 307 Waverley Oaks Road, Suite 205, Waltham, MA 02452
(508) 573-7200 / 33 Boston Post Road (Rt. 20) West, Marlborough, MA 01752



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*Offering short-term rehabilitation, long-term care,
a certified dementia unit and hospice care.*

Our Short-Term Rehab Unit Services Include:

- Skilled nursing care
- Physical therapy, occupational therapy and speech therapy
- We specialize in OTAGO - a muscle strengthening and balance retraining program
- Our therapy team is certified in LSVT BIG and LOUD® therapy - for those diagnosed with Parkinson's Disease and other movement diagnoses
- OmniVR - a virtual reality therapy system that enables functional rehabilitation for aging adults and others with physical limitations



Movement Disorders • Technology • Newly Renovated Gym

MONDAY

1

8:30-4 Pool Tables
 8:30-4 Table Tennis
 9-4 Fitness Room \$2
 9-4 Computer Room
 9 Pinochle
 10-4 Mary Make Do
 10-11:30 Sports Fanatics
 10:15 Strength & Cardio with Jenn, \$3
 12:30 Tai Chi, \$4
 1-4 Genealogy Group
 2 Chair Volleyball
 2-3 Parkinson's Movement Class

8

8:30-4 Pool Tables
 8:30-4 Table Tennis
 9-4 Fitness Room \$2
 9-4 Computer Room
 9 Pinochle
 10-4 Mary Make Do
 10-11:30 Sports Fanatics
 10:15 Strength & Cardio with Jenn, \$3
 1-4 Genealogy Group
 2 Chair Volleyball
 2-3 Parkinson's Movement Class

Canceled: Tai Chi

15

8:30-4 Pool Tables
 8:30-4 Table Tennis
 9-4 Fitness Room \$2
 9-4 Computer Room
 9 Pinochle
 10-4 Mary Make Do
 10-11:30 Sports Fanatics
 10:15 Strength & Cardio with Jenn, \$3
 12:30 Tai Chi with Jon Woodward \$4
 1-4 Genealogy Group
 2 Chair Volleyball
 2-3 Parkinson's Movement Class

22

8:30-4 Pool Tables
 8:30-4 Table Tennis
 9-4 Fitness Room \$2
 9-4 Computer Room
 9 Pinochle
 10-4 Mary Make Do
 10-11:30 Sports Fanatics
 10:15 Strength & Cardio with Jenn, \$3
 12:30 Tai Chi with Jon Woodward \$4
 1-4 Genealogy Group
 2 Chair Volleyball

Callahan Center closed in honor of Memorial Day

29

TUESDAY

2

8:30-7 Table Tennis
 9-7 Fitness Room \$2
 9-7 Computer Rm.
 9 Contract Bridge
 9 Pinochle
 9:30 Aerobics, Free
 10:15-1 Mah Jongg
 11 Zumba \$3
 12-3 Duplicate Bridge
 12:30 Chair Volleyball
 1-2 **ZOOM:** Parkinson's Support Group
 1:30 Mobility, Stretch & Balance with Ann, \$3 (Registration required)

2:30 **ZOOM:** Friends Board Meeting
 3-7 Pool Tables
 4:30-5:15 **ZOOM:** Chair Yoga \$3

9

8:30-3 Table Tennis
 9-7 Fitness Room \$2
 9-1:30 Computer Rm. *Reopens at 4*
 9 Contract Bridge
 9 Pinochle
 9:30 Aerobics, Free
 10:15-1 Mah Jongg
 11 Zumba \$3
 12-3 Duplicate Bridge
 12:30 Chair Volleyball
 1 Bereavement Support Group
 1:30 COA Board Meeting
 1:30 Mobility, Stretch & Balance with Ann, \$3 (Registration required)

2-3:30 Intro to Windows 11, Reg. required, Space limited
 3-7 Pool Tables
 4-7 Table Tennis
 4:30-5:15 **ZOOM:** Chair Yoga \$3
6 A Journey Through Italy, Part 1, Presented by Paolo Di Gregorio



16

8:30-7 Table Tennis
 9-7 Fitness Room \$2
 9-7 Computer Room
 9 Contract Bridge
 9 Pinochle
 9:30 Aerobics, Free
 10:15-1 Mah Jongg
 11 Zumba \$3
 12-3 Duplicate Bridge
 12:30 Chair Volleyball
 1-2 Parkinson's Support Group
 1:30 Mobility, Stretch & Balance with Ann, \$3 (Registration required)

3-7 Pool Tables
 4:30-5:15 **ZOOM:** Chair Yoga \$3
6 James Michael, The Broadway Baritone



FRIENDS DINE AROUND
California Pizza Kitchen
Natick, Mall, Rte. 9 W



23

8:30-3 Table Tennis
 9-7 Fitness Room \$2
 9-1:30 Computer Room *Reopens at 4*
 9 Contract Bridge
 9 Pinochle
9-11 Callahan Legal Clinic, by appt only
 9:30 Aerobics, Free
 10:15-1 Mah Jongg
 11 Zumba \$3
 12-3 Duplicate Bridge
 12:30 Chair Volleyball
 1 Bereavement Support Group
 1:30 Mobility, Stretch & Balance with Ann, \$3 (Registration required)

2-3:30 Online & PC Security, Reg. required, Space limited
 3-7 Pool Tables
 4-7 Table Tennis
 4:30-5:15 **ZOOM:** Chair Yoga \$3
6 Rita Moreno: A Fiery Ambition, Presented by Frank Mandosa



30

8:30-3 Table Tennis
 9-7 Fitness Room \$2
 9-7 Computer Room
 9 Contract Bridge
 9 Pinochle
 9:30 Aerobics, Free
 10:15-12:30 Mah Jongg
 11 Zumba \$3
 12-3 Duplicate Bridge
 1:30 Mobility, Stretch & Balance with Ann, \$3 (Registration required)

12:30 Chair Volleyball
 1-4 Red Hat Honeybees, \$2
 3-7 Pool Tables
 4-7 Table Tennis
 4:30-5:15 **ZOOM:** Chair Yoga \$3
6 Ted Reinstein's Favorite New England Stories



WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-12 Blood Pressure Clinic 11 Mindful Living & Meditation \$3 11-12:30 ALZ Caregiving Support Group 1-3 Bingo</p> <p>Canceled: Small Ball Fitness</p>	<p>4</p> <p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Computer Room 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9:30 Cribbage 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Book Discussion Group</p> <p>Canceled: Mobility, Stretch & Balance</p>	<p>5</p> <p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 10:30-11 ZOOM: Stretch with Anthony, Free 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>Spring/Summer Hours: Closing at 1:30 pm</p>
<p>10</p> <p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-12 Blood Pressure Clinic 10-12 Drop-In Hours with Jay Higgins, US Rep. Clark's Office. 11 Mindful Living & Meditation \$3 11:30 Friends Lunch, \$10 per person (registration reqd by 5/5) 12-1 Better Breathers Group 1-3 Bingo</p> <p>Canceled: Small Ball Fitness</p>	<p>11</p> <p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Computer Room 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 (Registration required) 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 2-3:30 Alzheimer's Community Forum</p>	<p>12</p> <p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>Spring/Summer Hours: Closing at 1:30 pm</p>
<p>17</p> <p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Rm. 9-12 Blood Pressure Clinic 11 Fitness Dance: Motown & Disco with Ann, \$3 11 Mindful Living & Meditation \$3 11-12:30 Low Vision Group 1-3 Bingo</p> <p>FRIENDS DINE AROUND California Pizza Kitchen Natick, Mall, Rte. 9 W</p> 	<p>18</p> <p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9-4 Computer Room 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 (Registration required) 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Northern Baja Sur, Mexico, Presented by Joy Marzolf</p> 	<p>19</p> <p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>Spring/Summer Hours: Closing at 1:30 pm</p>
<p>24</p> <p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Rm. 9-12 Blood Pressure Clinic 11 Fitness Dance: Motown & Disco with Ann, \$3 11 Mindful Living & Meditation \$3 1-3 Bingo</p> <p>Friends of Callahan Travel Meet-Up Concord Museum</p>	<p>25</p> <p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2 <i>Reopens at 2:45-4</i> 9-4 Computer Room 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 (Registration required) 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 2 Caregiver Support Group 2 Framingham Senior Heroes Awards</p>	<p>26</p> <p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 10:30 Callahan Knitters 11 Chair Yoga with Rebecca \$3 12:30 ZOOM: Conversation & Humor</p> <p>Spring/Summer Hours: Closing at 1:30 pm</p>
<p>31</p> <p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Rm. 9-12 Blood Pressure Clinic 11 Fitness Dance: Motown & Disco with Ann, \$3 11 Mindful Living & Meditation \$3 1-3 Bingo</p>	<p><u>FITNESS & DISCUSSION GROUPS ON ZOOM</u> Stretch with Anthony: 5/5, 10:30 am Chair Yoga, Tuesdays: 4:30 pm (\$3) Conversation & Humor: Fridays, 12:30 PM</p> <p><i>The fitness center is not available on Thursdays from 1:30-2:45 pm.</i></p> <p><i>Please note that on the 2nd and 4th Tuesdays from 3 to 4:30 pm the Table Tennis area is reserved for special programming.</i></p> <p><u>SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION</u> Parkinson's Support Group: 5/2, 1 pm Grandparent Support Group Call 508-532-5980, ext. 4108 for more info</p> <p>Spring/Summer Hours: Tuesdays, Open until 7:30 Fridays, Closing at 1:30 pm</p>	



ELDER LAW WITH FRANK AND MARY

by **Arthur P. Bergeron**

*Arthur is an elder law attorney in the
Trusts and Estates Group at Mirick O'Connell.*

DEALING WITH LIFE IN YOUR 80'S

For Frank and Mary and all my clients (and for me too: I'm 73), the goal of life increasingly is to get a good night's sleep. When you get to be 80, that sleep is often interrupted by worries of impending frailty and death. The best cure for that is to resolve to live in the present and to live every day as if it were your last. That said, here are a few planning tips to help you sleep better:

- **Durable Power of Attorney and Health Care Proxy.** Maybe at this point, even if you are married, you want to name someone younger (like one of your kids) to handle your financial and other legal affairs (through the Durable Power of Attorney) and to make medical decisions for you (through the Health Care Proxy) if you become incapacitated or just need some help managing your bank accounts and other things as you get older.
- **Protect your Assets.** If you are married and one of you needs to qualify for MassHealth, either because you need nursing home care or because you need a lot of care at home, you can qualify for MassHealth by shifting the assets to the healthy spouse. That option ends when your spouse dies, unless those assets were in your spouse's name at death and his or her will specifies that the assets that would have gone to you will instead be held in trust for your benefit. If your spouse has already died or you are single and control all the assets yourself, the only way to protect them is to give them away and wait five years for the lookback period to expire.
- **Irrevocable Trust.** If you are single, have more than one child or other beneficiary to whom you want to give your assets after you die, you may want to consider creating an irrevocable trust to hold a gift of some of your assets before you die. After five years, the assets in the trust are no longer countable for qualification for MassHealth. You may name your most trusted child or other person as trustee and you may keep the power to appoint a new trustee if need a replacement. You may also give the trustee the power to distribute assets to the beneficiaries (your descendants perhaps) who could use the assets for your benefit or for themselves.

The message here, though, is that when you hit 80, it's probably time to talk to your lawyer about readjusting your estate plan if you have not already dealt with these issues. As I always tell my clients, the most valuable thing your lawyer can provide is advice about options you may not have considered. Even if you do not change your estate plan or other documents as a result, just having had the conversation will help you sleep better.

If you want to learn more about these issues, you can watch this month's episode of Elder Law 101. You can find it on AFTV (Verizon 43; Comcast 9) or on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. If you have any questions, please contact me at **(508) 860-1470** or abergeron@mirickoconnell.com.



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Answer to Previous Sudoku

3	7	6	2	4	1	5	9	8
5	1	4	6	8	9	3	2	7
9	2	8	5	7	3	4	6	1
4	8	5	9	1	7	6	3	2
1	3	7	4	6	2	9	8	5
6	9	2	3	5	8	1	7	4
2	5	3	7	9	4	8	1	6
7	4	1	8	3	6	2	5	9
8	6	9	1	2	5	7	4	3

Game answers for this issue will be published in next months issue.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

5					3			
		2	8	1				
	9	7			2	3		
6		1			5			8
			7			1		6
	1		3	7			5	
2					9		8	
		9		5				

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DIFFICULTY: ★☆☆☆☆

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "W" = "A"

"PRWECF WCC URP HWP XGWP
WDMREXIGF, SAG IZ FBA YWPG GB
GRXG W UWP'X HOWEWHGRE, NIMR
OIU LBYRE." — WSEWOWU CIPHBCP

PREVIOUS SOLUTION: "Learning is like rowing upstream: not to advance is to drop back." — Chinese proverb

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E007

CROSSWORD PUZZLE

ACROSS

- 1 Unidentified flying object (abbr.)
- 4 Green
- 8 Monsignor (abbr.)
- 12 Knight
- 13 Army of the Republic of Vietnam (abbr.)
- 14 Great Barrier island
- 15 Guido's note (2 words)
- 16 Electric catfish
- 17 Dead
- 18 Head lama
- 20 Grandson of Esau
- 22 United States Dept. of Agriculture (abbr.)
- 25 Finishing machine
- 28 Witness
- 31 Isle of Napoleon
- 33 Woman; obs.
- 34 Time period
- 35 Finesse
- 36 Like (suf.)
- 37 Compass direction
- 38 Mitigate
- 39 Before (pref.)
- 40 Work
- 42 Buttocks
- 44 Brain layer
- 46 Plain moss
- 50 Northumberland river
- 52 Salient angle
- 55 Ambassador (abbr.)
- 56 Negatives
- 57 Idea (pref.)
- 58 Fr. business abbreviation
- 59 Noun-forming (suf.)
- 60 Munich's river
- 61 Limited (abbr.)

DOWN

- 1 Accustomed

ANSWER TO PREVIOUS PUZZLE

F	C	C	A	C	C	O	O
I	L	E	A	N	A	E	U
T	A	N	G	A	T	A	P
A	G	O	B	L	A	R	E
B	E	V	I	A	D	C	
O	X	I	D	I	Z	E	E
C	I	T	O	E	N	G	E
A	V	E	N	S	D	I	S
I	A	L	N	I	T	R	
A	P	B	A	V	A	S	T
T	I	L	E	L	I	K	E
L	A	U	D	I	A	N	S
F	E	E	I	N	G	A	A

- 2 Threadlike parts: anat.
- 3 Of the mouth
- 4 Balinese spear dance
- 5 Irish Republican Army (abbr.)
- 6 Columbia Valley
- 7 Within (pref.)
- 8 Simple organism
- 9 Caviar fish
- 10 Jade
- 11 Mortar beater
- 19 Bird
- 21 Repast
- 23 Ten (pref.)
- 24 Tipping
- 26 Vent
- 27 Counsel
- 28 Whimper
- 29 Indian buffalo
- 30 Lean
- 32 Blue (Fr.)
- 35 Dried up
- 39 Exclamations of delight
- 41 Corpulent
- 43 Cobbler
- 45 92 (Rom. numeral)
- 47 Salt
- 48 Send out
- 49 Sleeping
- 50 Television channel
- 51 Pronoun
- 53 Classifieds
- 54 Nat'l Endowment for the Arts (abbr.)

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A NORTHBRIDGE ASSISTED LIVING COMMUNITY

What's really special here about Carriage House is the way everyone, from the director to the folks who serve in the dining room, know the individual residents. **They know my parents**, they know what they like, **and they make them feel right at home.**

Carriage House was a great choice for my parents, my mom is doing more things here than she ever did in her life!

- Gloria C. // resident daughter

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